

# 19 WING FITNESS & COMMUNITY CENTRE DROP IN SCHEDULE

2 July —7 September 2026



@19WingComoxPSP  
[www.cfmws.ca/Comox/FCC](http://www.cfmws.ca/Comox/FCC)  
 250-339-8211 ext 252-8315  
 19W-FSR@forces.gc.ca

## Hours of Operation

Defence Team Only Mon- Fri 6am-8:30am

Everyone Welcome Mon - Fri 8:30am-10pm  
Sat & Sun 7am-9pm

**CLOSED: Mon 3 Aug; Mon 7 Sept**

## POOL (2 July—6 September)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lane Swim</b>	7:30-9:30am 11am-12:30pm 3-5pm	11am-12:30pm 3-5pm	7:30-9:30am 11am-12:30pm 3-5pm	11am-12:30pm 3-5pm	7:30-9:30am 11am-12:30pm	10am -12pm	10am-12pm
<b>Open Swim</b>	1-3pm	1-3pm	1-3pm	1-3pm		1-3pm	1-3pm

\*Schedule is subject to change on short notice for military training, practices, and events.

## GYMNASIUM (Effective 11 July 2026)

*Note: Gymnasium upgrades are scheduled 24 June to 10 July*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> <i>Call ahead for last minute availability!</i>	7-10pm	7-10pm	11:30-1pm	7-10pm	9-11am	7:30-9am 4-9pm	7:30-9am 4-9pm
<b>Military &amp; Family Drop-in</b> <i>*Actively serving Military &amp; their dependants only</i>	5—7pm				5-7pm	2-4pm	

Hours may vary, if the gym is not in use outside of these hours, it is available for drop-in; Schedule is subject to change on short notice for military training, practices, and events; Children under 13yrs must be supervised by an adult 19yrs and over.

## FITNESS CLASSES (6 July—28 Aug 2026)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>11:45am-12:45pm</b> <b>FREE for Military &amp; DND</b>	Combat (Gymnasium)	Spin (Multi-purpose Room)	Flex & Core (Multi-purpose Room)	Bootcamp (Gymnasium)	Speed Agility & Quickness - SAQ (Gymnasium)
<b>2:30-3:30pm</b> <b>Military Only</b>	Force Foundations (Gymnasium)		Force Foundations (Gymnasium)		
<b>7-8pm</b>	*Gentle Hatha Flow Yoga (Multi-purpose Room)				

\*Free for active Military Family Membership only